

# Announcements

If you enjoy the show "Lawrence Welk" remember to tune in to channel 11 on Sunday evenings at 6:00pm!



The dog days of summer have officially arrived! We encourage residents to sit outside and get some fresh air! As a reminder, residents must check out with the nurse before heading out to the porch. Please remember to use sunscreen, hats, and sunglasses to protect yourselves from the sun, and drink plenty of water!

On July 4th at 1:00 pm, head on out to the front patio and face towards Lincoln Way to watch the 4th of July parade!

*We extend our heartfelt sympathy to the family and friends of Alma O'Donnell, who recently passed away.*



*April 16th, 1920-June 6, 2021*



Story County Medical Center  
An Affiliate of UnityPoint Health



## Important

### Dates:

Fitness fun is Monday, Wednesdays, and Fridays!

Manicures is every Monday afternoon!

Come chat with us is every Wednesday afternoon!



**July 4th** is Independence Day!

National Sugar Cookie Day is on **July 9th!**

Ice Cream Cones birthday is **July 23rd!**

# July Activities

July 1st: We will be doing a 4th of July Craft in the morning upstairs and mens coffee with Willy in the 1st floor dining room!! In the afternoon 2nd floor will be going on a bus trip!

July 6th: We will be drinking some coffee and reminiscing in the 2nd floor dining room!

July 7th: We will be having Methodist Communion in the chapel in the afternoon.

July 8th: In the morning we will be having "Ladies Tea" with our friend Susie! For lunch, 1st floor will be having a picnic on the front patio!

July 9th: National Sugar Cookie Day! We will be celebrating by decorating sugar cookies!

July 13th: In the morning we will be playing Hangman.

July 15th: Susie will be back again for ladies tea, and 2nd floor will be having a picnic on the porch for lunch!

That afternoon we will have pet visits.

July 16th: Dave Swenson will be here to perform during Happy Hour!

July 19th: Come tell us what is going well, not so well, and any suggestions you may have during Resident Council. Afterwards, we will be having a hymn sing with our friend Jim Mead!

July 20th: Come out in the morning for Crosswords and coffee!

July 22nd: Willy will be here for Men's Coffee! That afternoon we will be bowling!

July 23rd: Sweet Treats Ice Cream Truck paying us a visit to serve us some frozen goodies!

July 27th: We will be doing Trivia and Treats in the morning!

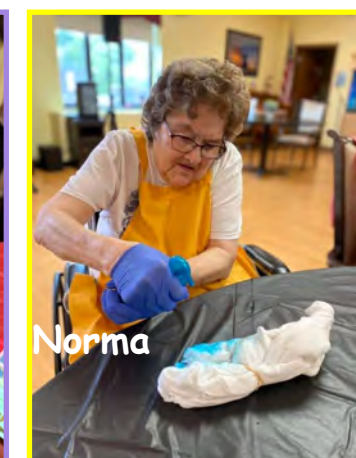
July 28th: Join us for a movie and a snack! We will be watching Ben Hur and having baked goods!

July 29th: Rural Edition will be performing!

July 30th: In the afternoon 1st floor will be going on a bus trip!

# Tie Dying!

We were able to do one of our favorite activities: TIE DYING! All of our residents did a fabulous job picking their colors, and creating beautiful t-shirts, handkerchiefs, socks, and pillow cases!



# Bus Trips!



We sure enjoyed taking a trip last month to go check out Hickory Grove, Twin Acres, Colo, Zearing, McCallsburg, and Nevada! Next month we'll be heading the opposite direction! If you'd like to join us, look for the sign up sheet in the hallway!



Bud



Pat

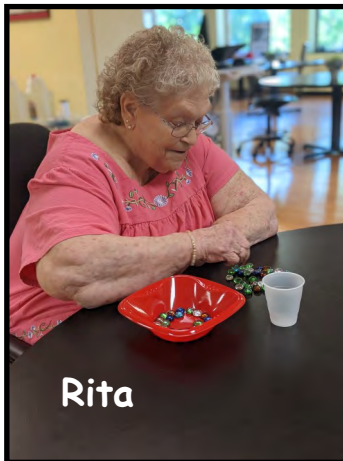


Edie

We made some really neat sun catchers out of marbles and clear glue! After days of drying, they turned out beautiful!



Gladys



Rita



Ina



Ruth



Evelyn Jacobson  
July 4th

Rose Marie Smith  
July 7th

Mary Dawson  
July 9th

It's always fun to learn about celebrities, cars, places, etc. during Come Chat With Us! Check out the programs for July:

July 8th:  
Bing Crosby

July 14th  
Ginger Rodgers

July 21st:  
History of Senior Care

Music Programs for July:

July 2nd  
Bill Lawyer

July 16th  
Dave Swenson

July 19th  
Jim Meade

July 29th  
Rural Edition

Our monthly birthday party will be on Friday, July 2nd! Everyone is invited to come sing a long, eat some birthday cake, and help celebrate our three July Birthdays! Special thanks to St. Croix Hospice for supplying birthday balloons!



# Happy Hour!

Nothing better than a cold drink and some wonderful entertainment! Not much of a drinker? No big deal! We also offer several flavors of soda! Join us at the next Happy Hour on July 16th, our friend Dave Swenson will be performing for us at 3:00 pm in the 2nd floor dining room!



Bob



Doris



Pat



Bud



Edie



Beverly



Jean

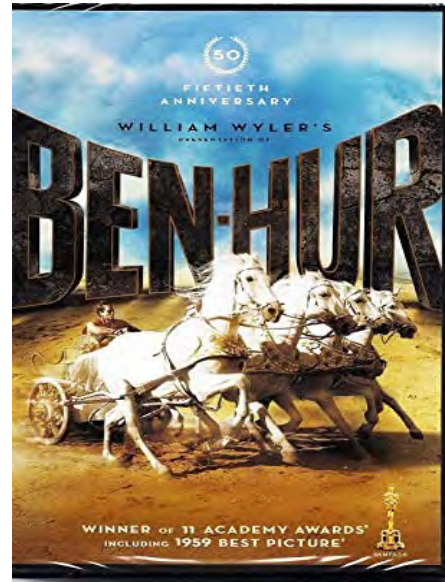
Lets go bowling!! We always have a hoot cheering each other on during bowling! Come test your skills on July 22nd at 3:00

# Fitness Fun

We have fitness every Monday, Wednesday, and Friday morning! Restorative (the bike) will be "closed" during fitness fun, so come on out, get a good stretch, and have some fun with friends! On Mondays we will do bands, Wednesdays we will do poles, and Fridays will be weights!



We love watching a movie once a month while enjoying a snack! This month we will be watching "Ben Hur" and eating some baked goods! Join us on July 28th at 2:30 pm in the basement boardroom!



# Movie/Snack

# Father's Day!

Our Father's Day program was an absolute BLAST! We did beer tasting (Number 4 was the winner!), played name that tool, and enjoyed cookies, pizza, and deer sausage! It was a great time celebrating our wonderful men here at Senior Care!



Jerry, Bob, and Pat



Al, Ray, George, and Wesley



Bud, David, Raymond, and Don

# Pet Visits!



Bordy



Bud

Ready for some kisses and snuggles? Well keep your eyes peeled on July 15th in the afternoon for a couple of four legged critters running throughout the hallways!

